

## MONDAY

11:45– 12:45 sportzaal 3  
BODY BALANCE

12:30– 13:30 sportzaal 4  
POLE FITNESS

12:45– 13:30 sportzaal 3  
BODY SHAPE

17:00– 18:00 sportzaal 3  
POWER STEP

17:00– 18:00 sportzaal 4  
SPINNING

17:30– 18:30 campus  
BOOTCAMPUS

18:00– 19:00 sportzaal 4  
PILATES

19:00– 20:00 sportzaal 4  
POWERPUMP

## TUESDAY

11:45– 12:30 sportzaal 4  
PILATES

12:30– 13:30 UT Tennispark  
TENNIS ADVANCED

12:30– 13:30 sportzaal 3  
BRN WORKOUT

12:40– 13:30 sportzaal 4  
SPINNING

17:00– 18:00 sportzaal 4  
POLE FITNESS

17:00– 18:00 campus  
BOOTCAMPUS

18:00– 19:00 sportzaal 3  
BODY PUMP

19:00– 20:00 sportzaal 3  
BODY BALANCE

## WEDNESDAY

12:00– 13:00 sportzaal 3  
BCW (BOXING)

17:00– 18:00 sportzaal 3  
BODY PUMP

17:00– 18:00 sportzaal 4  
ZUMBA

18:00– 19:00 sportzaal 3  
BRN WORKOUT

20:00– 20:30 fitness  
TEAMBEATS

## THURSDAY

12:30– 13:30 UT Tennispark  
TENNIS ADVANCED

12:30– 13:30 sportzaal 3  
POWERPUMP

17:00– 18:00 sportzaal 4  
SPINNING

17:00– 18:00 sportzaal 3  
BODYPUMP

17:00– 18:00 campus  
BOOTCAMPUS

18:00– 18:30 fitness  
TEAMBEATS

18:00– 19:00 sportzaal 3  
XCORE

18:00– 19:00 sportzaal 4  
BODY BALANCE

19:00– 20:00 sportzaal 4  
KANGOO JUMPS

## FRIDAY

17:00– 18:00 sportzaal 4  
SPINNING

17:00– 18:00 sportzaal 3  
ZUMBA

17:00– 17:30 fitness  
TEAMBEATS

18:00– 19:00 sportzaal 4  
POLE FITNESS

## GROUP LESSONS

Update: April 16th 2018

## MONDAY

## COURSES

Course dates

P4: April 16th - June 29th

\*Basic fitness has different course periods check the website [utwente.nl/sport](http://utwente.nl/sport)

## TUESDAY

17:00– 18:00 sportzaal 3  
TAI CHI

18:00– 19:00 UT Tennispark  
TENNIS BEGINNER

## WEDNESDAY

17:00– 18:00 fitness  
BASIC FITNESS\*

## THURSDAY

08:00– 09:00 dojo  
TAI CHI

20:00– 21:30 sportzaal 4  
POLE FITNESS BEGINNER

## FRIDAY

18:00– 19:00 binnenbad  
SWIMMING BEGINNER